Winnipeg metro

Your essential daily news | MONDAY, JUNE 15, 2015

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Stk#: 580290

LEASE FROM ONLY

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KEEP CALM AND CARRIE ON
metroLIFE

Your essential daily news | MONDAY, JUNE 15, 2015

High 19°C / Low 9°C Sunshine

Bursting with Pride

Members of the LGBTQ community and their supporters marched through the streets of Winnipeg on Sunday and, as usual, brought colour and magic to Broadway. Coverage in metroNEWS. SHANNON VAN RAES/FOR METRO

Driver safety an issue for transit union

TRANSPORTATION

Number of assaults too high, says ATU president

Dave Baxter
Metro | Winnipeg

The president of the Amalgamated Transit Union (ATU) says safety issues for city bus drivers were the driving force behind transit workers voting to reject a tentative labour agreement with the city.

In a narrow vote, 51 per cent of ATU members voted against the deal, originally struck on May 23.

ATU president John Callahan would not give specifics on what kind of offer was made in terms of wages but said it was "fair" and money was not the reason for the "no" vote.

"Security is a big issue and probably the main issue," said Callahan. "It's no secret that operators are getting assaulted, and that was the most discussed issue before the vote."

He said there were 39 bus-driver assaults in 2014, including things like punching, kicking and pepper-spray assaults. This year, the number is already at 20 assaults, Callahan said, adding that many minor assault cases often go unreported.

He said they need something "more concrete" from the offer in terms of protecting drivers.

He also said working conditions for drivers is still a concern, with one of the big concerns being washroom breaks.

Callahan did say he is optimistic a deal can be reached, adding that ATU and the city will continue talks on Tuesday.

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metro NEWS

Your essential daily news

Georgian capital dealing with a flood of zoo animals. **World**

IN BRIEF

Girl suffered grievously during sex assault: Expert

A Winnipeg pediatric trauma expert says the injuries a 15-year-old girl sustained during a brutal sexual assault were some of the worst she's ever seen.

Dr. Betty-Jean Hancock was a witness for Crown prosecutor Susan Baragar at the trial of a teenage boy charged with aggravated sexual assault.

Court was told the two were dating at the time in March 2010.

Hancock testified the complainant will suffer from permanent incontinence as a result of her injuries.

Earlier, an emergency room doctor testified the girl would have been in a comatose state when the assault occurred, given the amount of alcohol and drugs she had consumed.

The accused, who was 15 at the time, has pleaded not guilty.

THE CANADIAN PRESS

Pair charged after stolen jeep crashes into fence

Police say a teen and an adult have been arrested and charged after they were caught driving a stolen jeep and crashing it into a fence.

Police said the vehicle was being driven erratically and crashed into a fence in the rear lane of the 400 block of Springfield Road. The vehicle may have also clipped a hydro pole.

A 21-year-old man and 17-year-old boy were arrested. METRO

Owen Campbell, who's had chest masculinization surgery and works as a medical assistant in Klinic's medical trans-health departments, says increased funding for transgender programs announced Friday may save lives. SHANE GIBSON/METRO

Province boosts transgender services

HEALTH

More funding, new coverage for surgery among changes

Shane Gibson
Metro | Winnipeg

The province hopes to cut wait times facing transgender Manitobans looking for care and services while transitioning, with funding and changes to coverage announced Friday.

The province will add three additional staff at Gender Dysphoria Assessment and Action for Youth (GDAAY) in Winnipeg, increase funding for the transgender support program at Klinic by $150,000, and introduce new coverage for chest masculinization surgeries.

"We know that Manitobans that are transgendered face some of the fiercest discrimination and lack of understanding in our society," said Healthy Living and Seniors Minister Deanne Crothers. "These are important changes that will help improve access to care and certainly improve quality of life."

The new staff at GDAAY will bring the number of clinicians who provide patient assessments of gender dysphoria — which is needed to be eligible for insured transgender services — from two to five.

Klinic's executive director, Nicole Chammartin said people wanting to access the community health centre's transgender program wait as long as six-months. She said cutting the time is crucial because suicide rates are higher for people as they transition.

Owen Campbell, who's had chest masculinization surgery and works as a medical assistant in Klinic's medical trans-health departments, said helping people transition as quickly as possible when they're ready can save lives.

"There's a lot of kids that don't make it; there's a lot of adults that don't make it," said Campbell, who said he's known people who've committed suicide. "Having a doctor or a nurse, or someone who's an authority figure, agree with you and see things how you see them is life changing."

LABOUR

Tim's workers unionized

In a first for Manitoba, 35 workers at a Winnipeg Tim Hortons have joined a union following a decision from the Manitoba Labour Relations Board.

Rabia Syed, of Workers United Canada, says it's a victory for the employees, who had complained they were threatened by management for attempting to unionize.

The union says the labour board ordered the reinstatement of an employee who had been fired in February after talking to union organizers.

The Tim Hortons restaurant, located at Portage Avenue and Wall Street, will soon begin the process of negotiations on a first collective agreement.

Workers United represents 10,000 workers across Canada and 150,000 workers across North America.

Workers United members work in garment and textile, food service, hospitality, social services, manufacturing and distribution industries.

"This is a significant victory for the labour movement," said Barry Fowlie, director of Workers United in a news release. "It sends a clear message that employers cannot simply walk over workers' rights. The real work will now begin with negotiations and we will keep a close eye on this Tim Hortons to make sure they bargain a first contract fairly."

A spokesman for the Tim Hortons franchise could not be reached for comment.

THE CANADIAN PRESS

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NEW

Strength & Pride

The LGBT community and supporters took over the downtown this weekend with Pride 2015 activities, music and, of course, the ever-popular and fabulously colourful parade from the legislature to The Forks. Organizer Jeff Myall said the parade marched as a protest against a lack of progress with Bill-C279, which would protect transgendered people against discrimination, currently stalled in the Senate. METRO

SHANNON VAN RAES/FOR METRO

1 Disney characters showed off their pride, too

SHANNON VAN RAES/FOR METRO

2 Revelers weren't afraid to bring a little magic to the parade

TED GRANT/FOR METRO

3 Performances capped off the party Sunday at the Forks

SHANNON VAN RAES/FOR METRO

4 The LGBT community and its supporters march down Broadway on Sunday

TED GRANT/FOR METRO

5 Local transgender activist Shandi Strong speaks onstage

TED GRANT/FOR METRO

6 Those Guys perform on stage at the Forks after the parade Sunday

Beating my (logical) fears

RED RIVER EXHIBITION

Against my judgment, I try out the new Gravity Jump

Shane Gibson
Metro | Winnipeg

Metro reporter Shane Gibson conquered his fear of heights and ridiculously unnecessary risk by trying Gravity Jump at the Red River Exhibition on Friday afternoon. DAVID LIPNOWSKI/FOR METRO

It's not because I'm scared of heights that I initially said no to the chance to jump from a platform 33 feet in the air — unharnessed — into an airbag spread out across the hard cement midway at the Red River Exhibition.

It was more my fundamental aversion to ridiculously unnecessary risk.

"Dave would be perfect for that," I suggested after Metro was invited to try Gravity Jump, an attraction new to the Ex that lets thrill seekers jump from a 3.5-storey-high scaffolding onto a very big airbag for $5 and an autograph on a detailed waiver.

Unfortunately for me, Metro reporter Dave Baxter took a Gravity Jump of his own this week from the top of his basement stairs, and the resulting dislocated shoulder relieved him of the assignment.

So on Friday afternoon, after ingesting dangerous amounts of powdered fibre, I took the leap.

It doesn't look so bad from the ground — the airbag makes up a little less than half of the 33 feet — but once you get up to the top of the tower, things change.

With legs shaking, though, I did it.

And it didn't take long.

You're in the air for half a second (in my case making sounds you'd expect from a crowd at a boy-band concert) and then plop, you're on the big pillow.

It didn't hurt, much.

I landed square on my feet, something not advised by the proprietor. I think that may have jostled one of my internal organs. But all in all, it could have ended up much worse. And the slight internal-organ pain may have been just a side effect of all the fibre.

It was fun, and I'm glad I conquered the fear — or rational thought process — that had left me questioning the whole idea beforehand.

I wouldn't do it again without a very large raise from Metro, but if ridiculously unnecessary risk is your thing, don't miss Gravity Jump at the Red River Ex. The Ex runs until June 21.

IN BRIEF

Pembina Trails School Division names new school

A new school in the Pembina Trails School Division has officially been named.

The Division announced Friday its newest school at 615 Kirkbridge Dr. will be called École South Pointe School. The $30-million Kindergarten-to-Grade 8 school and early learning child-care centre had a ground-breaking ceremony in May, and construction is now underway. The division said the announcement comes after months of public consultation, research and deliberation to find the most fitting name, which included having a naming committee and trustees sit in on presentations from both local historians and First Nations groups.

"We chose the name keeping in mind that our new school will be the first public building in the area. We feel we have the unique opportunity to lead this neighbourhood's identity through the school," said board of trustees chairman Tim Johnson. The school is expected to be open for the 2016-17 school year. METRO

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Lindhout 'happy' for arrest of alleged Somali kidnapper

OTTAWA

Canadian journalist was captured near Mogadishu

Amanda Lindhout attends a reception held in her honour by the Alberta Somali-Canadian community in Calgary on Feb. 21, 2010. The RCMP have arrested and charged a Somali man (inset) in connection with the case. THE CANADIAN PRESS

Amanda Lindhout crumpled to the floor, crying, as RCMP investigators broke the news to her on Thursday about the arrest of her alleged Somalian kidnapper.

One officer who had stuck with the case over the past five years asked her: "Are you sitting down?," Lindhout recalled Sunday on social media.

"There were several RCMP officials on the line as he delivered the news. I was stunned that they'd made the arrest. I was even more stunned that the accused kidnapper was in my home country."

"I had forgotten to sit down, and my knees gave out. I lay on the floor crying, saying the words, 'Thank you, thank you, thank you so much,' again and again," said Lindhout in a statement posted on her Facebook page and also released by her publicist.

The RCMP announced Friday that they had arrested Ali Omar Ader in Ottawa.

Authorities are saying little about how the Somalian national made his way to Canada, where he now faces a criminal charge of hostage-taking.

But seeing Ader in news coverage of the arrest sparked a range of emotions for Lindhout.

"I find it difficult to describe what it felt like to see his face again," she said.

"It brought up anger, fear, confusion and also — knowing that he no longer poses a threat to me or to anyone else — a sense of relief."

Lindhout, who was a freelance journalist at the time, and photographer Nigel Brennan were seized by young gunmen near strife-torn Mogadishu, Somalia, in August 2008. Both were released on Nov. 25, 2009.

Defence Minister Jason Kenney has also commended the RCMP and other international police services involved in getting Ader to Canada.

"There's been some absolutely brilliant and complex policing work done here," Kenney told CTV's Question Period.

"The fact that the RCMP, with other international police agencies, have stayed on the case and brought this investigation to a successful conclusion is a great credit to them."

> **I am happy that he will be called upon in court to answer for his role in the kidnapping.**
> Amanda Lindhout, who was kidnapped in 2008 by young gunmen near Mogadishu, Somalia

Ader was arrested Thursday in Ottawa. The RCMP say the 37-year-old had been in town for a few days but the national police force would not reveal how he arrived in Canada.

Ader's case will be back in court June 19. His lawyer, Samir Adam, said Friday he didn't have enough information on the allegations against his client to comment.

Successfuly prosecution in such a case "depends on a certain level of discretion," RCMP assistant commissioner James Malizia told a news conference Friday.

The RCMP's Ottawa Integrated National Security Enforcement Team, supporting RCMP units and partner agencies have been working on the case ever since the abduction seven years ago, Malizia said.

Details of the lengthy investigation — which involved undercover operations, surveillance and wiretaps — would come out in court, he said. For now, all that matters is that charges have been laid, said Lindhout.

"I'm grateful that this man has been arrested," she said.

THE CANADIAN PRESS

OFFICES

Moving Senate may cost millions

Finding temporary offices for the Senate could cost taxpayers an extra $24.5 million — even more than the latest big-ticket audit of expenses in the upper chamber. And it's all because of one city block.

The cost of temporary Senate offices in downtown Ottawa could surpass the $23.6-million audit by nearly a million dollars if the Senate doesn't agree to extend its search boundaries by a single block, an internal government document shows.

Sticking with the current boundaries means Public Works would face a much costlier tender process, rather than being able to negotiate directly with a landlord. The result would cost taxpayers $24.5 million more over 13 years than the government wants to spend.

The details are contained in a Jan. 30 briefing note to Public Works Minister Diane Finley, obtained by The Canadian Press through the Access to Information Act.

Public Works won't say how much it's willing to spend.

The Senate needs to find space soon so it can be ready for 2018 when the Centre Block is closed for badly needed renovations, displacing both the Senate and the House of Commons for almost a decade.

THE CANADIAN PRESS

NEW HOME

There are some 27 Senate offices currently without a new temporary home. They also need room for services like mail and security.

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Scientists are looking at new ways to preserve Canadian forests.
MATT MEDLER/INTERNATIONAL BOREAL CONSERVATION CAMPAIGN/THE CANADIAN PRESS

Helping trees beat climate change

EVOLUTIONARY BIOLOGY

Scientists using genomics to aid adaption in nation's forests

Canadian scientists are helping trees outrun climate change.

"Trees are adapted to historical climate and the climate's moving out from under them," said evolutionary biologist Sally Aitken. "We're using genomics to generate answers more quickly than they can."

Foresters have long known that the best seeds for replanting forests comes from trees in the same area, said Aitken, whose research at the University of British Columbia is financed by Genome Canada. Trees within a couple of hundred kilometres or a few hundred metres of elevation are precisely adapted to local conditions.

But winters have become warmer. Rainfall patterns are changing. Bugs such as the mountain pine beetle and fungi such as blister rust find congenial new homes. Trees would eventually adapt on their own, but slowly.

"It takes decades, and we don't have decades," said Aitken.

> **"It's really in the last month that we've gotten the results that show it works.**
> Sally Aitken, evolutionary biologist

In an effort to speed things up, she and her colleagues are digging into the genomes of lodgepole pine and white spruce to look for genetic patterns associated with climate. That allows researchers to analyze genetic diversity that already exists in the forest and select for characteristics that will produce seeds matched to the environment where they'll be planted.

"There's so much variation already in the tree's genome," said Richard Hamelin, whose work at the Canadian Forest Service is also funded by Genome Canada. "What we are doing is developing the tools to sample that variation.

"(Once) we know what a resistant tree looks like we can go out and find more of them and include them in our breeding program."

Aitken said results show that trees bred through the program's work are showing climate adaptations very close to what trees might do on their own.

"Material from the breeding program simply grows faster," she said.

Hamelin said trees bred for resistance to blister rust are already being planted. Trees resistant to other pests are entering the breeding program.

THE CANADIAN PRESS

TRACKING

Tech allows researchers to use sea animals as oceanographers

Ocean researcher Nigel Hussey tags animals from the high Arctic down to the tropics as part of his research with the Nova Scotia-based Ocean Tracking Network, which connects scientists to the movements and behaviours of animals around the world.

The latest issue of the academic journal Science features a paper by Hussey and his fellow researchers on advances in the field of aquatic animal telemetry — where scientists tag an animal with an electronic device to monitor its actions from a distance.

Hussey says the latest improvements in tracking technology mean scientists can do much more than follow an animal's location. He says researchers can now use "animals as oceanographers."

"You can actually use the animals to monitor their own environments," said Hussey, a research associate at the University of Windsor.

Next year, Hussey plans to use receivers on narwhals and several hundred tagged Greenland halibut to observe interactions between the two species.

"Basically your narwhal becomes your monitor of sustainable fisheries. He's swimming around, giving you detections on where your fish are," he said.

THE CANADIAN PRESS

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SECURITY

Fugitive killers could be anywhere

Two convicted murderers who used power tools to cut their way out of a prison near the Canadian border could be nearby or "in Mexico by now," New York Gov. Andrew Cuomo said Sunday.

The intense manhunt focused on the fields and Adirondack woods near the prison in upstate New York after the inmates' escape was apparently hampered by a prison employee's decision to back out as their getaway driver nine days ago.

The inmates, David Sweat and Richard Matt, planned to have the now-jailed prison worker drive them about seven hours away to an unknown destination, District Attorney Andrew Wylie told CNN.

But prison instructor Joyce Mitchell backed out of the plan at the last minute, Wylie said.

"One of the reasons that she didn't show up was because she did love her husband and didn't want to do this to him," he said.

Even as hundreds of law enforcement workers stalked the rural area about 30 kilometres from Canada, Cuomo said it was unclear if the men were nearby.

"We don't know if they are still in the area or if they're in Mexico by now," he said.

While many local residents remained locked in their homes at the advice of authorities, the outpouring of appreciation for the search effort continued. A restaurant was urging people to tie blue ribbons around trees and mailboxes.

But residents were very much on edge, with some saying they were keeping firearms handy just in case. Both men are considered extremely dangerous.

Sweat was serving a life sentence for killing a sheriff's deputy. Matt was serving 25 years to life for the 1997 kidnap, torture and hacksaw dismemberment of his 76-year-old former boss. THE ASSOCIATED PRESS

SPACE TECHNOLOGY

Spacecraft wakes up after 7 months

To scientists' relief and delight, the Philae spacecraft that landed on a comet last fall has woken up and communicated with Earth after seven long months of silence, the European Space Agency announced Sunday.

Philae became the first spacecraft to settle on a comet when it touched down on icy 67P/Churyumov-Gerasimenko in November. But the solar-powered probe came down with a bounce and ended up in the shadow of a cliff instead of in direct sunlight.

As a result, Philae managed to conduct experiments and send data to Earth for only about 60 hours before its batteries ran out and it was forced to shut down its systems and go silent.

Scientists had hoped the probe would wake up again as the comet approached the sun, enabling Philae's solar panels to soak up enough light to charge the craft's main battery. But there were fears its mission would be cut short.

"If you wait for several months and then suddenly in the middle of the night you get a call saying, 'We have a signal from Philae,' it's exciting," said Stephan Ulamec, with the German Aerospace Center. THE ASSOCIATED PRESS

IN BRIEF

'Topless tourist' says sorry for offending Malaysians

Eleanor Hawkins has returned to England and apologized to the people of Malaysia for having posed topless on a sacred mountain.

The student, who served a three-day jail term, says she knows her actions were wrong. "I know my behaviour was foolish and I know how much offence we all caused to the local people of Sabah," she said. "For that, I am truly sorry."

Hawkins was one of four foreigners charged after removing their clothes and posing for a photograph on Mount Kinabalu. THE ASSOCIATED PRESS

Brothel owner offers free sex to protest high taxes

An Austrian brothel is offering a summer special that competitors will find hard to match — free sex. Its owner says it's his way of protesting a tax squeeze.

"Effective immediately: Free Entrance! Free Drinks! Free Sex!" the Pascha bordello writes on its website.

Prostitution in Austria is legal and regulated.

Hermann Mueller, who runs other brothels, says he is pushing back against unfair taxation of nearly 4 million euros in the past decade. He says he will pay the women to make up for lost income. THE ASSOCIATED PRESS

People assist a hippopotamus that has been shot with a tranquilizer dart after it escaped from a flooded zoo in Tbilisi, Georgia, Sunday. At least 12 people died Sunday and about two dozen more are missing. TINATIN KIGURADZE/THE ASSOCIATED PRESS

Floods leave 12 dead, animals on the loose

GEORGIA

Police still searching for bears, wolves lions, monkeys

Severe flooding in the Georgian capital left at least 12 people dead Sunday and triggered a big-game hunt across the city for lions, tigers, a hippopotamus and other dangerous animals that escaped from Tbilisi's ravaged zoo.

Residents were warned to stay indoors as police conducted the hunt, but fear deepened as night fell on the city of 1.1 million with some of the animals still on the loose.

"The daytime wasn't bad," said resident Khariton Gabashvili, "but tonight everyone has to be very careful because all the beasts haven't been captured. They haven't been fed, and in their hungry state they might attack people."

Heavy rain destroyed or damaged hundreds of homes in the former Soviet republic. Officials said about two dozen people were missing.

Zoo animals ran off after the floodwaters destroyed their enclosures. Among those that escaped were bears, lions, wolves and monkeys.

> **Everyone has to be very careful because all the beasts haven't been captured.**
> Khariton Gabashvil

A hippopotamus — an extremely aggressive animal with the ability to run faster than humans in short bursts — was spotted lumbering through a flooded square and was shot with a tranquilizer dart. Other animals were hunted down and killed.

The carcasses of at least a lion, a boar and a tiger were seen, and zoo authorities said six wolves were also dead.

Authorities said the animals may have fled to just about any corner of Tbilisi, including the forests on the steep hills in the city's heart.

"On this small street there are five dead, three houses completely washed out and everyone is affected," said Lamara Zumburidze, a resident of the hardest-hit section of the city. "I don't know where to sit, where to lie, what to do."

Some officials accused authorities of using unnecessary force on the beasts. THE ASSOCIATED PRESS

GENDER ISSUES

Scientist's career ends after offside joke

A week ago, Tim Hunt was a well-known Nobel Prize winner who was promoting science education throughout Europe and the world.

Today he's widely perceived as a sexist who's been stripped of most of his positions because of inappropriate comments about women in science.

Gone is his position with the European Research Council science committee, his role at the Royal Society, and his honorary post at University College London. He said Sunday he was fired from the latter.

Hunt's fall followed a speech Tuesday at the World Conference of Science Journalists in South Korea in which he said girls cause trouble in labs because "you fall in love with them, they fall in love with you, and when you criticize them, they cry."

The comments caused a Twitter storm that quickly led to Hunt, 72, leaving his posts even as he apologized. He has said he had been trying to make a joke, but nevertheless stood by his comment that love affairs in the lab are disruptive to science.

He was vilified by many, including The Guardian's Anne Perkins, who wrote that his comments were "the educated man's version" of blaming rape victims for wearing short skirts.

Hunt laments that his cherished career is finished — and some prominent women scientists who found his remarks deeply offensive said Sunday the punishment may be too harsh.

Athene Donald, a leading physicist at Cambridge University, said Hunt always supported her work enthusiastically when she served as Gender Equality Champion at the university.

"I've spent a lot of time with him and I've never seen any sign of sexism," she said.

Ottoline Leyser, a former student, said his record is otherwise unblemished. "All my interactions with him were very positive," she said. "He was a very enthusiastic and inspirational teacher. I've no indications from my experience or from colleagues that he's in the slightest way sexist."

She said the speed with which news of his comments spread via social media has reinforced for many scientists the dangers of speaking to the press or to the public.

"We're all of us terrified." THE ASSOCIATED PRESS

Syrians hoping to enter Turkey

MIDEAST CRISIS

Refugees seek to escape Kurdish-ISIL conflict zone

Thousands of Syrians cut through a border fence and crossed over into Turkey on Sunday, fleeing intense fighting in northern Syria between Kurdish fighters and jihadis.

The flow of refugees came as Syrian Kurdish fighters closed in on the outskirts of a strategic ISIL-held town on the Turkish border, Kurdish officials and an activist group said, potentially cutting off a key supply line for the extremists' nearby de facto capital.

Taking Tal Abyad, some 80 kilometres north of the Islamic State of Iraq and the Levant (ISIL) stronghold of Raqqa, would deprive the militant group of a direct route to bring in new foreign militants or supplies. The Kurdish advance, coming under the cover of intense U.S.-led coalition airstrikes in the area, would also link their two fronts and put even more pressure on Raqqa.

In this Turkish border village, the refugees took by surprise the Turkish troops stationed there, who were overwhelmed by the large number of people crowding the crossing. Thousands of people had been gathering for more than a day on the Syrian side of the Akcakale border crossing before they broke through Sunday afternoon.

People threw their belongings over the fence while others passed infants into Turkey over barbed wires before following through a several-metre wide opening in the border fence.

Turkish troops later brought in reinforcements and gathered up the refugees on the Turkish side of the border, preventing them from going deeper into Turkey.

Earlier Sunday, Turkish Deputy Prime Minister Numan Kurtulmus speaking on the refugee situation at the crossing between in Tal Abyad and Akcakale, claimed that those refugees were not fleeing fighting between Kurds and ISIL, but were rather trying to escape to Turkey in case their villages are hit by U.S.-led coalition bombings.

He said Turkey was providing humanitarian aid to them on the other side of the border while taking in anyone who is sick or injured. Kurtulmus said Turkey has taken in more than 2 million refugees since 2011.

"We are of the opinion that there isn't a humanitarian tragedy there," Kurtulmus told CNN-Turk television in an interview. "Our priority is for them to remain within their border. We will continue to provide humanitarian aid to them"

2,500

Number of people at the Akcakale border waiting to cross into Turkey.

Hours after Kurtulmus spoke, Turkey reversed its decision and opened the border to allow more of the refugees in, the state-run Anadolu Agency reported. It said however that this time, ISIL at the border prevented them from crossing into Turkey.

It put the number of people who were waiting to cross at around 2,500. Around 13,400 Syrians have fled to Turkey since June 1, the agency said.

THE ASSOCIATED PRESS

Syrians fleeing the war pass through broken-down border fences near the Turkish Akcakale on Sunday to enter Turkish territory illegally. Dozens of refugees started passing through the gate as thousands more awaited to cross. BULENT KILICBULENT KILIC/AFP/GETTY IMAGES

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Tweeting the path to success

SOCIAL MEDIA

User growth slowing, so experts weigh in on Twitter

The Pope is on Twitter, along with the Dalai Lama, world leaders and, of course, Kim Kardashian. The short-messaging service can bring fleeting fame, or get you fired. It has been credited for sparking revolutions and, like Facebook, transforming the way the world communicates.

But despite the buzz generated by thousands of chatty journalists, athletes and celebrities, Twitter has never turned a profit. Its user base of 302 million is dwarfed by rivals like Facebook, which boasts 1.44 billion users.

Facebook has grown into an Internet powerhouse, while Twitter in many aspects remains a niche social network, unable to convince the masses that they need its service to keep up with what's happening in the world.

Now, with last week's exit of Twitter Inc. CEO Dick Costolo — co-founder, and former CEO, Jack Dorsey is taking over in the interim — the company is looking for a new leader.

But first it needs to address some of its biggest problems.

Here are some of Twitter's most pressing challenges, along with possible fixes.

Twitter CEO Dick Costolo, Chairman and co-founder Jack Dorsey, and co-founders Evan Williams and Biz Stone, watch the ringing of the opening bell at the New York Stock Exchange in 2013. RICHARD DREW/THE ASSOCIATED PRESS FILE

Where are the users?

Its user growth is stalling and there are a lot of competitors. Besides its old rival Facebook, Twitter is feeling the heat from mobile messaging apps such as WhatsApp, Snapchat, Instagram and a bevy of others. Twitter grew from 204 million active users in the first quarter of 2013, to 255 million a year later and 302 million in the first three months of 2015. Facebook-owned WhatsApp announced in April it has reached 800 million users.

Make it easier to use

Almost one billion users have tried Twitter and not stuck around, according to tech investor Chris Sacca, a longtime Twitter backer who wrote a lengthy critique of the service and posted it online this month. Sacca suggested the service could offer more features to engage visitors — including special channels or tabs focused on live events or topics of interest to users.

Deal with trolls

Twitter has long had a problem with trolls, online bullies whose abuse has been an ongoing issue that has alienated established and potential users. It has tried to make it easier to report threats and in April updated its policy against violent threats, but it's too early to say if this initiative has helped.

More apps and options

Twitter is well-known around the globe, but it must do more to capitalize on its own brand, said Brian Blau, a tech analyst at the Gartner research firm. Twitter could be offering users more specialized apps for various activities, in the way that Facebook has built a stable of apps for messaging, consuming news and sharing photos, he said. Twitter's Periscope app, which lets users share live video, is an example of what Twitter should be doing more of, Blau added.

Demonstrate Twitter's strengths to advertisers

Twitter knows something about its users' interests, but Facebook knows far more about its users' likes and habits, while Google and Pinterest can more readily predict users' buying interests. Twitter's strength, however, is drawing people's attention during live events, such as sports, breaking news and popular TV shows, said Debra Aho Williamson at research firm eMarketer.

Show investors it's serious about business

The new CEO must show Wall Street Twitter is focused on building revenue and delivering on financial targets, added Scott Kessler, a tech stocks analyst at S&P Capital IQ. THE ASSOCIATED PRESS

LOTTERY

If you win, plan carefully: Expert

Hoping to fund your retirement by winning the lottery is a ridiculous idea.

Sure, someone has to win, but banking your future well-being on a cheap ticket, a handful of carefully chosen numbers and near-impossible odds isn't financial planning — it's wishful thinking.

But if you're fond of daydreaming about winning big — Friday's Lottomax jackpot is $38 million — how much would you actually need to win to quit your job for good?

That depends on an array of factors, including how you plan to live your life going forward, how old you are and what kind of financial legacy you want, said TD Wealth's Kathryn Del Greco

"There isn't a magic number that you could apply to everyone," Del Greco said.

If you do hit the jackpot, it's recommended you formulate a plan.

"Before you make any rash decisions, before you start spending any money ... you really want to sit down and figure out what the purpose of this money is," said Larry Moser of BMO InvestorLine. THE CANADIAN PRESS

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IN BRIEF

Air Canada,Unifor reach tentative agreement

The union representing about 4,100 Air Canada customer service and sales agents has reached a tentative five-year collective agreement with the airline.

In a release issued Sunday, Unifor president Jerry Dias said the agreement included protections and fair wages for workers. The airline released a statement saying the deal was a "win-win" for both sides.

No details of the agreement were released. It's subject to ratification by the union membership and approval by Air Canada's board of directors. THE CANADIAN PRESS

metro VIEWS
Your essential daily news
Monday, June 15, 2015

#MYMETRO

Richie Islam and Roxana Olaru, Toronto

How do you two know each other?
Islam: We're dating.
What's the first thing you flip to when you read Metro?
Islam: I do the Sudoku.
Olaru: The horoscopes.
What is your commute?
Islam: I live in Markham. I take the train to go to school for graphic design.
Olaru: I'm from Uxbridge. I commute to Toronto for work and school.
What's the one spot in Toronto everyone who comes here should visit?
Islam: Kensington Market, because it's eclectic.
Olaru: The Distillery District.

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Ethics commissioner is just what city hall needs

INSIDE THE PERIMETER

Shannon VanRaes

The power of municipal government is far from absolute, but it would appear to have a potentially corrupting influence all the same.

That's why Winnipeg needs to have an independent ethics commissioner.

Whether it's fire halls built on land the city doesn't own, the Winnipeg Convention Centre or soaring costs for the new police headquarters — now millions over budget and the subject of an RCMP investigation — city hall has had no shortage of perceived conflicts of interest in recent months and years.

It would be simple to dismiss this as the lingering fallout from the reign of Winnipeg's previous mayor, Sam Katz, especially in light of the current mayor's push for the creation of a city ethics commissioner.

In an email to councillors on Friday, Mayor Brian Bowman said he wants to put forward a motion requesting the Public Service suggest a method of creating such a position. It's a surprising move, given that only Thursday the mayor hedged the idea of creating such a position in cautious language during a news conference with municipal government minister Drew Caldwell.

Of course his cautious language might be the result of a seemingly impossible situation where both the city and province say only the other can facilitate the creation of such a commissioner. The awkward finger-pointing began in the summer of 2009 and appears to have continued unabated, creating more questions than answers along the way.

And so, despite his publicly stated support for increasing accountability at city hall, Katz did not find a way to install an ethics commissioner during his last five years in office.

The task now falls to Bowman, who has seemingly aligned himself with councillor Jenny Gerbasi on the issue. Gerbasi has been calling for independent oversight at city hall since 2008.

But as he commits himself to transparency, he should be the first to set an example.

Despite a promise of more information, the public is still being kept in the dark about the sudden dismissal of acting chief administrative officer Deepak Joshi earlier this year.

Joshi took over as CAO after the hasty departure of his predecessor, Phil Sheegl, who resigned shortly before an audit was released on the fire hall land-swap deal. Then Joshi too disappeared from public view. Bowman cited human resource issues.

City hall has had no shortage of perceived conflicts of interest in recent months and years.

So while it's clear Winnipeg's city hall needs an ethics commissioner, the question remains of whether or not Bowman will be the mayor to do it.

Shannon VanRaes is a Winnipeg-based journalist and photojournalist who spends her days contributing to the Manitoba Co-operator and nights covering urban affairs.

ROSEMARY WESTWOOD

metroview

We're too distracted or shy to talk to strangers. Too bad.

We don't talk enough to strangers.

We're distracted, maybe, or shy, or afraid.

It's too bad, because saying hello can lead to small, sweet, random encounters with someone new, someone interesting. Someone like Jane.

Leaning on her cane, Jane walked into the mostly empty theatre and sat down next to me. She wore large running shoes and a light jacket. She smiled and said, "Hello."

We joked that we'd both been made fools of by the weather and overdressed for that hot spring night.

Jane normally sees plays with a friend, but her friend couldn't make it that night.

She didn't even know what this play was about — she just came because she lives close by, and she loves theatre.

This was the first winter in decades Jane had spent in Toronto. Normally she escapes to a small town in India where she'd once been stationed as a secretary in the foreign service. She told me I have to go one day.

The play started, and while we watched, I had the sense I had a new friend.

After the play, Jane asked if I was walking east, and I was sad to tell her I wasn't. "Oh, I just thought then we could walk together," she said.

We said goodbye at a pair of big doors, and Jane insisted she needed no help with them (she is, I estimate, in her 80s).

But when I got to my bike, I decided I didn't want to go home. I wanted to talk more with Jane, and, because it was now dark, to see her safely home.

I chased after her and yelled "Jane! Wait!" and startled the heck out of her.

We walked east along empty sidewalks, then north a few blocks, stopping once so Jane could check the price of bread at a small grocery store.

As we walked, Jane told me how she started working for the government in her 40s and how she came to love the people and culture of that Indian town (after learning that not saying "hello" in the streets was no indication of a lack of local friendliness).

When we reached her building, she gave me her email with instructions to write when I got home, so she'd know I was safe. We'd see another play sometime, we said.

When I got home, I wrote Jane, but the email bounced back. She's unGoogleable, which is both sad and fitting — a stranger crush who is a digital enigma.

Jane will be wonderful company for someone else, sitting alone in a theatre, some other time, who talks to the stranger beside them.

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Your essential daily news

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NUTRITION

Health Canada to re-examine every facet of Food Guide

Among recommendations to revamp the Food Guide: fruits and veggies should be separated into two groups. THE ASSOCIATED PRESS

It's sung as Canada's gospel of proper nutrition; a trustworthy guide dispensing sound advice on how to eat well, feel well and keep thin.

But Canada's Food Guide is under fire — within academic circles, among clinicians, in witness testimony at a senate subcommittee investigating obesity — and now, at Health Canada, which says it has decided to review the country's official food rules.

The governmental department will re-examine every facet of Canada's Food Guide, from the science behind it, to the policies and programs that stem from it and it's relevance to Canadians, the "changing food supply, population and demographics," spokesperson Eric Morrissette wrote in an email.

It's part of a new, "recently implemented" review process to "ensure Canada's Food Guide and related dietary guidance, continue to be current and useful," the statement says.

The Food Guide, a rainbow graphic of food groups and portion sizes explaining how we should spend our daily calories, was last updated in 2007 — despite a rising chorus of criticism from academics and clinicians. They say it is outdated, based on observations rather than hard science and focused on nutrients when it should emphasize whole foods.

"We need to throw out the idea that dietary recommendations can be built off nutrient requirements," says Dr. Yoni Freedhoff, a vocal critique of the guide. "We don't shop for nutrients, we shop for food."

Freedhoff adds that Canada's official food rules do little for public health, but "quite a lot" to serve the interests of the food industry.

Health claims associated with the guide, such as "low in fat" and "no added sugar," give hyper-processed foods the illusion of "health in a box," he says.

That puts the onus on the shopper to study "poorly designed nutrition fact panels," and try to figure out whether the package is telling truth or not, he says.

Manual Arango, director of Health Policy for The Heart and Stroke Foundation, says it's time the guide was revised — especially in its treatment of sugar.

> **We need to throw out the idea that dietary recommendations can be built off nutrient requirements. We don't shop for nutrients, we shop for food.**
>
> Dr. Yoni Freedhoff, a vocal critique of the guide

Criticisms of the guide range widely: fruits and vegetables should be separated into two groups because Canadians already eat enough watermelon and grapes, but not enough veggies, like beets and eggplant, experts say.

Fats are absent — and they shouldn't be, some experts say — especially with emerging evidence showing it is not fat that's bad, but the food it comes from.

Even the science behind it is under scrutiny's lens, says physician and University of Toronto nutritional sciences associate professor Dr. John Sievenpiper. "A big critique right now is that we don't measure well," he says. "We lack the big trials ... the randomized trials."

Valerie Tarasuk, professor at the University of Toronto's Nutritional Sciences Department, says the guide, food groupings and portion sizes, are based on "sound scientific principles" and draw attention to how a healthy diet is made up of a spectrum of different foods.

If Canadians could only follow it, they would meet their nutritional needs, she says. The controversy arises from a misunderstanding of what the guide should be used for. "It's not a prescription," she says. "It's an educational tool."

Kate Comeau, registered dietitian and Dietitians of Canada spokesperson, agrees the guide is effective at starting a conversation about nutrition — with some groups, she says. But it's "not for everyone."

And, says Joanne Lewis, of the Diabetes Association, it is certainly not the only factor that contributes to health, and chronic disease. The environment of eating, she says, including food labels, marketing and access to food — are all important to healthier eating, she says.

If anything, what's broken, she says, is "the way we implement" the food guide. "I would hope that the food guide is revised based on any new evidence out there."

TORSTAR NEWS SERVICE

NUTRI-FICTION

A cup a day keeps the doctor away?

Manual Arango, director of Health Policy for The Heart and Stroke Foundation, says it's time the guide was revised — especially in its treatment of sugar.

Health Canada makes no distinction between added sugars, which are added in processing, and "free sugars," which exist unbound from the whole foods they come from, he says, citing juice as a prime example.

Currently, the food guide says that a 1/2 cup of juice can stand in for a serving of whole fruit.

Calling it "sugar water," Arango says he wants Health Canada to remove the recommendation immediately.

"It's bananas," he says. "Pure pulp fiction."

TORSTAR NEWS SERVICE

MIND & BODY

Fermented foods linked to reduced social anxiety, research shows

Fermented foods like kimchi can influence your mind, research team says. KIM JAE-HWAN/AFP/GETTY IMAGES

In a new study of the mind-gut connection, eating fermented foods, which contain probiotics, were associated with reduced symptoms of social anxiety for student participants.

Giving new meaning to the old cliché of "you are what you eat," the research team said this is the first in a series of studies they are planning, hypothesizing that the right food could complement the efforts of psychologists when it comes to mental health.

"It is likely that the probiotics in the fermented foods are favorably changing the environment in the gut, and changes in the gut in turn influence social anxiety," said Dr. Matthew Hilimire of Willian & Mary University in the U.S. "I think that it is absolutely fascinating that the microorganisms in your gut can influence your mind."

The researchers constructed a questionnaire that asked students about their consumption of fermented foods over the past month, and around 700 students responded.

It also questioned students about their exercise frequency and consumption of fruits and vegetables in the interest of controlling for other healthy habits that are reputed as mood boosters.

"The main finding was that individuals who had consumed more fermented foods had reduced social anxiety but that was qualified by an interaction by neuroticism," said Hilimire. "What that means is that that relationship was strongest amongst people that were high in neuroticism."

The questionnaire was incorporated in a mass test administered in the university's Introduction to Psychology class in the fall semester of 2014.

AFP

Carrie Underwood performs onstage during the 2015 CMA Festival on Saturday in Nashville. ALL PHOTOS GETTY IMAGES

Underwood 'in a really good place'

AMERICAN IDOL

New mom looks back on decade of instant fame, country hits

Carrie Underwood remembers when she first performed to thousands of country fans at the coveted Country Music Association's Music Festival in Nashville.

It was June 2005, which is exactly 10 years ago this month.

Fresh off an American Idol win, Underwood said her first big Nashville stage show was a madhouse. "It was a chaotic, with cameras flashing and a gazillion fans," Underwood said.

But her main worry was remembering the words to the song she was performing onstage.

"I was singing with Phil Vassar, a song I did not know," Underwood said. "I was like, 'Oh Lord, don't let me screw up the words.' We somehow pulled it off OK."

Now a decade later, Underwood has seven Grammy Awards and a handful of No. 1 singles on the country charts under her belt.

She's a wife, a new mom, and a bona fide super star.

Underwood said her pregnancy allowed her to slow down and focus on new music instead of touring.

"I spent a lot of time writing and listening to new songs," Underwood said. "I feel like now we're on the right track and in a really good place."

Before her sold-out performance at the 2015 CMA Music Festival Saturday night, Underwood admitted she was a bit nervous. It was her first big stadium show since giving birth to her son, Isaiah, back in February.

> **"I don't know what to expect for the next 10 years. As long as I enjoy what I'm doing, I call that winning."**
> Carrie Underwood

But when she hit the stage with her hit Blown Away, there was no sign of nerves. Strutting in her bejeweled hot-pants and matching vest, Underwood brought her fans at LP Field to their feet, even asking them to get sassy before jumping into the song Undo It.

She slowed things down but still held the crowd's attention with the emotional Something in the Water, off last year's Greatest Hits: Decade #1 release. She ended her seven-song set by bringing down the house with a resounding Before He Cheats.

In the crowd, and on their feet, were three generations of Underwood fans. Jessica Gallegos, her mother and daughter drove to Nashville from Murphysboro, Ill. Gallegos, who's been to every CMA show for the past 10 years, met a very nervous Underwood back in 2005 at a fan function.

"She was so nice and down to earth," Gallegos said. "I knew she was going to grow and be fantastic when I first saw her on Idol." THE ASSOCIATED PRESS

JOHN STAMOS

Uncle Jesse got popped by the cops

IN HOLLYWOOD
Ned Ehrbar

John Stamos certainly had a wild weekend. The Full House star was arrested and charged with a DUI in Beverly Hills after police stopped him for erratic driving.

Stamos was first taken to Cedars-Sinai Medical Center "due to a possible medical condition," where he was formally arrested and given the citation.

Photos from the arrest show a bleary-eyed Stamos popping a squat on the curb before police decide to head to the hospital.

There's no word on what that medical condition might be, but he's due in court in September.

Stamos tweeted out, "Thanks to everyone for their love and support. I'm home and well," but there are so many unanswered questions here, not least of which is what, no super-handsome mug shot?

FULLER HOUSE

Stamos starred in Full House, which aired on ABC from 1987 to 1995. He will produce and appear in a 13-episode reboot of the sitcom for Netflix scheduled to debut next year.

John Stamos has been charged with driving under the influence.

XO

Bey's lawsuit kiss-off

A former Beyoncé background singer is claiming Mrs. Z stole the track XO from him. The nerve. Last year, Ahmad Lane filed a federal lawsuit suggesting that a mutual colleague passed his demo for a song called XOXO on to Beyoncé.

Last week, Beyoncé fired back with a response via her lawyers calling Lane's suit "vague and cryptic" and explaining that "the two works at issue are entirely different songs that share no lyrical or musical similarity, other than perhaps the letters X and O."

Oh, and in case it needed pointing out, Beyoncé reminded everyone she doesn't need to steal anyone tracks because she has "17 Grammy awards and 118 million records sold." So there. NED EHRBAR/METRO

IN BRIEF: BIRTHDAY GOAL AND BOX-OFFICE GOLD

Wedding bells reportedly ringing for Kylie Jenner

How do you celebrate finally becoming a full-fledged adult? If you're Kylie Jenner, you do it by marrying your 25-year-old rapper boyfriend, Tyga, if this Radar Online report is to be believed.

"Right now their plan is to get hitched in August," a source says.

(August, by the way, is when Jenner turns 18.) "They are making plans to quit L.A. for a brand new life away from her family and his baby mama, Blac Chyna. Kylie is done with the constant criticism and micro-management from her family, especially Kim, and she's dead-set on going her own way as soon as possible." Sounds good. Where are they registered? NED EHRBAR/METRO

Jurassic World takes record $511.8M bite out of box office

Dinosaurs are anything but extinct at the box office.

Jurassic World, the fourth film in the series, became the highest global opener of all time with a staggering $511.8 million in its first days in theatres. It also devoured a number of domestic box-office records with a $204.6-million take, the Rentrak media-measurement company estimated on Sunday.

In addition to setting a record for 2015, Jurassic World is now the second-highest domestic opening of all time, right behind Marvel's The Avengers, which took in $207.4 million in 2012. By the time Monday actuals roll in, there is a chance the film could dethrone Avengers. THE ASSOCIATED PRESS

DAVE GROHL

Mr. Show Must Go On

Foo Fighters frontman Dave Grohl is certainly a trooper. Two songs into a show in Gothenburg, Sweden, Grohl misjudged a jump and landed in the security pit, badly breaking his leg. He was removed from the stage, but came back an hour later with a fresh cast to play for two and a half hours seated in a chair.

Bad news for other European fans, though: Due to the accident, the band has cancelled its next two appearances in the Netherlands and Switzerland. NED EHRBAR/METRO

metro SPORTS

Fabricio Werdum beat Cain Velasquez at UFC 188 to win the heavyweight title Saturday night

Monday, June 15, 2015

Defending their offence

WOMEN'S WORLD CUP

With one goal in two games, Canadians say more will come

Christine Sinclair is confident the goals are coming.

Canada's women's soccer team has scored just once in its first two group-stage matches at the FIFA Women's World Cup. Canada will look to find its scoring touch in the third and final group-stage game versus the Netherlands on Monday at Montreal's Olympic Stadium.

"As a forward, you get worried when you're not creating chances and chances aren't falling for you," said Sinclair after practice on Saturday in Montreal. "Myself, but also the rest of the front line, we've created chances. Sooner or later they're going to go in.

"People have to realize it's the World Cup — we're playing against the best teams in the world. There are no slouches."

Sinclair scored from the penalty spot in stoppage time as Canada opened with a 1-0 victory over China. Against New Zealand, the teams played to a scoreless draw.

John Herdman's team, however, have had their opportunities in open play. Canada has 10 shots on target, and only the Ivory Coast has hit more posts (3) than Canada (2).

"If we score one, the confidence will just come flooding in, even more so than it's already there," said midfielder Sophie Schmidt. "We're just saving it for the perfect moment."

Leading its group with four points from two games, Canada (1-0-1) could clinch top spot in Group A with a victory over the Netherlands (1-1-0). The Canadians would also reach the round-of-16 elimination games with a draw.

Even a narrow loss, with favourable results elsewhere, could send Canada through to the knockout stages.

But the Canadians have no intention of sitting back. They want all three points against the Dutch on Monday.

"That's our goal and that's our game plan," said forward Melissa Tancredi. "Coming up against any of these teams, we're not looking for a tie. We're going in there for a win, going in there very prepared and hopefully with the mindset of putting in some goals early."

THE CANADIAN PRESS

Christine Sinclair tries to control a ball against New Zealand's Betsy Hassett in Edmonton on Thursday. Sinclair and her Canadian teammates will look to find their scoring touch against the Netherlands on Monday. TODD KOROL/GETTY IMAGES

> **Championships are won with defence.**
>
> Sophie Schmidt on the fact that Canada has yet to surrender a goal

MLB

Jays cap sweep of Red Sox with 11th straight win

The way the Toronto Blue Jays are playing these days, even the last hitter in their lineup is plenty dangerous.

The Blue Jays won their 11th straight game to tie the team record, routing the Boston Red Sox 13-5 Sunday as ninth-place batter Ryan Goins homered, doubled and drove in five runs.

"Honestly, I think everybody's coming here every day knowing we're going to win," Goins. "You put that with probably having the best one-through-six in the whole league and it makes it easier for seven, eight, nine."

Danny Valencia, batting seventh, also homered as the highest-scoring club in the majors completed a sweep at Fenway Park and sent Boston to its season-worst sixth straight loss.

THE ASSOCIATED PRESS

Scherzer dominates Brewers in one-hitter

Max Scherzer struck out a team-record 16 and threw a one-hitter, losing his perfect-game bid on a bloop single that barely fell in during the seventh inning Sunday while pitching the Washington Nationals over the Milwaukee Brewers 4-0.

Carlos Gomez got Milwaukee's only hit — a broken-bat looper to right field just beyond the outstretched glove of second baseman Anthony Rendon.

THE ASSOCIATED PRESS

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Vermette's value now clear to Blackhawks

STANLEY CUP FINAL

Centre looked like costly buy but has shined in playoffs

As Antoine Vermette sat as a healthy scratch on May 23, a first-round pick and a prospect looked like an overpayment by the Chicago Blackhawks for his services.

Ever since, he has been an invaluable piece of the Blackhawks' playoff run and perhaps the final piece of another championship team.

The next game Vermette scored the game-winning goal against the Anaheim Ducks, his first of three since. The most recent one came Saturday night against the Tampa Bay Lightning in Game 5 of the Stanley Cup final, putting the Blackhawks on the verge of winning the Cup.

"He's been at the right spot at the right time right now," linemate Kris Versteeg said. "It's not a fluke or luck. It's been coming from hard work and some patience and right now it's paying off for him."

Vermette cost Chicago general manager Stan Bowman a 2015 first-round pick and defensive prospect Klas Dahlbeck in a deal with the Arizona Coyotes. It was one of two moves made, along with the acquisition of defenceman Kimmo Timonen, that came about only because Patrick Kane's injury opened up some salary-cap flexibility.

ADJUSTMENT

Vermette went from the Coyotes' No. 1 centre to a bit player on the star-studded Blackhawks, but soon after the trade, he said he "recognized what a great opportunity it was to play for this team."

Antoine Vermette was all smiles after scoring the game-winner on Saturday night. BRUCE BENNETT/GETTY IMAGES

Bowman said before the final that he wanted to give coach Joel Quenneville depth and options. What the Blackhawks got in Vermette was a top-nine forward who has been a major difference maker late in the playoffs.

"He's scored two really big goals for us in (Tampa), and he's been a huge part of our team and our success on the offensive and defensive side of the puck," captain Jonathan Toews said.

Game 6 will be played Monday night in Chicago.

THE CANADIAN PRESS

LITTLE THINGS ADD UP

Lightning still see bright side despite deficit, injuries

As Jon Cooper watched Game 5 of the Stanley Cup final on the flight to Chicago, he saw the little things that added up to a loss and put his Tampa Bay Lightning on the brink of elimination.

What he also saw was a team that continued to grind through injuries to key contributors. Forward Nikita Kucherov left after slamming into the post, goaltender Ben Bishop gutted through another start and Tyler Johnson stayed in the lineup and played almost 18 minutes. The Lightning are down 3-2 going into Game 6 against the Chicago Blackhawks, but don't tell them they're out.

"I can never sit here and say our guys are not gaming it out," Cooper said Sunday. "Sure, we've had injuries. I'm sure they've had injuries. But our will's been unreal. Somehow we're going to have to find a way to scratch a little bit more out. No doubt they will."

On the injury front, Kucherov travelled with the team, and Cooper deemed him "in considerably better shape" than he was Saturday night when he went shoulder first into the post. Cooper wondered if Kucherov would return, but the Lightning's second-leading scorer, is no safe bet one way or the other for Game 6 Monday night.

Bishop, according to Cooper, was feeling much better after his return to the net. It didn't sound like Bishop was in any danger of missing another start.

While the Blackhawks have been remarkably healthy, the Lightning, especially lately, have had to battle through. "I don't think any team is 100 per cent," defenceman Jason Garrison said. "I think it's just guys are obviously competitors, willing to pay the price. They don't want to take themselves out of the lineup."

Injuries not withstanding, the Lightning have faced elimination on the road twice before in the playoffs and beat the Detroit Red Wings and New York Rangers. Inexperienced two months ago, Tampa Bay now has plenty to draw from going into its toughest challenge yet. THE CANADIAN PRESS

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RECIPE Lemon Chicken Scallopini

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Ready in
Prep time: 10 minutes
Cook time: 14 minutes
Serving size: 6

Ingredients
- 5 Tbsp + 2 tsp all-purpose flour, divided
- 3 Tbsp grated Parmesan cheese
- 1 1/2 lb boneless chicken breasts, pounded
- 2 tsp vegetable oil
- 1/3 cup white wine
- 3/4 cups chicken stock
- 2 Tbsp lemon juice
- 2 tsp lemon zest
- 1 Tbsp honey
- Salt and pepper
- 2 Tbsp capers (optional)
- 3 Tbsp chopped parsley
- 4 lemon slices

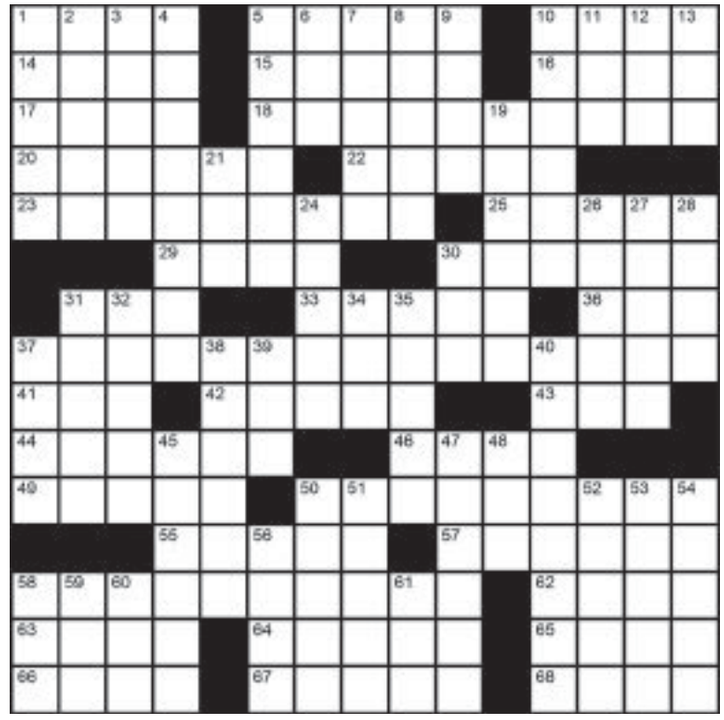
Directions
1. Combine 5 Tbsp of flour, cheese, salt and pepper on a plate. Dip chicken in mixture.
2. In a large skillet, add oil and sauté chicken for two minutes per side until lightly browned. Add wine and cook just until evaporated about one minute.
3. In a bowl combine stock, juice, 2 tsp of flour, zest, honey and salt and pepper until flour is dissolved. Add to chicken, cover and simmer for four minutes, turning once until sauce is slightly thickened and chicken is cooked.
4. Garnish with capers (if using), parsley and lemon slices. If desired, grill lemon slices for a minute per side before serving on chicken.

Nutrition per serving
- Calories 325
- Protein 37 g
- Fat 4.4 g
- Cholesterol 96 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Slope beside a river
5. _ Bay, Nova Scotia
10. Mass of ice
14. Sarah McLachlan tune
15. More unique
16. Authentic
17. Peel
18. 54-40 tune that goes "Bitten in the valley of thirst, the body kills.": 2 wds.
20. Spotter's exclamation, "_ _ _!"
22. Topic
23. As per #4-Down... Ms. Sinclair
25. Rene of movies
29. Opening on a schedule
30. Count on
31. Play-_
33. Musical piece for Chopin
36. Dynasty of China
37. Hudson's Bay: 2 wds.
41. Pres. Lincoln
42. Alleviated
43. 100, for short
44. Straightforward
46. Quebec pronoun
49. Stagnant
50. "Thinking of You" rock band from Winnipeg
55. Biopic starring Leonardo DiCaprio, "J. _" (2011)
57. Body of work
58. Toronto subway line, Yonge-_
62. Greek Myth: Goddess of discord
63. Ms. Winningham
64. "What?" response-starter, "_ _..."
65. "_ of Eden" (1955)
66. Bridge
67. Driving costs
68. 'Science Guy' Bill's

DOWN
1. Relating to Atomic Number 56
2. 'Revenge is _ _ best served cold'
3. Eight's follower, CB Radio style
4. FIFA Women's World Cup Canada 2015... Team Canada players on Canada Post's commemorative stamp: Ms. Buchanan and the team's captain at #23-Across
5. Capri attraction in Italy, Blue _
6. Lake: French
7. "Congratulations _ _ order!"
8. Quit
9. Sea eagles, variantly
10. Make available: 2 wds.
11. Grazing land
12. Paddle
13. Building wing
19. Uses the blender this way
21. Geog. feature
24. Articles
26. Attach a patch: 2 wds.
27. Mortimer _ (Noted ventriloquy puppet)
28. Comical dog
30. Spray in Joni Mitchell's "Big Yellow Taxi"
31. Money-spent transaction
32. CBC Radio One program DNTO = Definitely Not the _
34. _-hee! (That's funny!)
35. Beneath
37. Common sitcom roles
38. Draw back
39. Tit-for-_
40. Lady on Canadian money: 2 wds.
45. 7-_ (Slurpee seller)
47. _ of London (Underwriter)
48. Actor Jason
50. "This house _ _ many great features." ...pointed out the real estate agent
51. Font choice
52. Sun's one-of-some: acr. + wd.
53. Still _ _ (Maya Angelou poem)
54. Homes for chirpers
56. Gumption
58. Hmms...
59. Snooze
60. "Michael Collins" (1996) org.
61. "Voices Carry" by '_ Tuesday

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Saturn moves back into the wealth area of your chart today, which, among other things means you must take extra care when dealing with money and business matters. You know the old saying: neither a borrower nor a lender be.

Taurus April 21 - May 21
You may find that your enthusiasm takes a bit of a dive over the next few days but it is nothing to worry about. Come the weekend you will be raring to go again.

Gemini May 22 - June 21
Make sure your time is your own today because if you have to do things for other people you won't be happy or productive. If you feel the need, slip away for a bit and don't tell anyone where you are going.

Cancer June 22 - July 23
You will be both sociable and aloof over the next 24 hours. Conflicting aspects at work in your chart mean you will go from one extreme to the other. At least no one can say you are too predictable.

Leo July 24 - Aug. 23
You will get another chance to impress an employer or senior colleague and this time you will take full advantage of it. But don't neglect your home life — loved ones need to know they still come first.

Virgo Aug. 24 - Sept. 23
A rival is now praising you to the skies but there is no need to go on the defensive. Yes, they may be flattering you for their own selfish ends but it won't do them much good — you're too smart to be fooled.

Libra Sept. 24 - Oct. 23
If you are having doubts about some kind of financial arrangement you must speak up. With Saturn moving into the money area of your chart today you probably have very good reasons for having second thoughts.

Scorpio Oct. 24 - Nov. 22
If there is something important you need to tell a friend or family member, tell them today while there is still a good chance they will understand. Later in the week you may not find it so easy to express yourself.

Sagittarius Nov. 23 - Dec. 21
Don't push yourself too hard over the next few days. Whatever duties you have to complete, either at home or at work, they can quite safely wait. Strangely, the harder you strive the harder it will be to get things done.

Capricorn Dec. 22 - Jan. 20
Find ways to combine business and pleasure today. You are in a fun-loving mood but there are still some serious things to be taken care of, especially on the work front. Aim to get the best of both worlds at the same time.

Aquarius Jan. 21 - Feb. 19
You should find it easier to come and go as you please over the next few days. However, you still need to be sensible and stay away from places where tensions are running high and people don't agree with you.

Pisces Feb. 20 - March 20
Because you can sense that major changes are coming you may be a bit touchy today. Have fun with your friends. If you sit at home and dwell on your fears, your mind will play tricks on you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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